



# Live well. Weight Loss Wellness Tools and Resources

powered by HealthAtoZ

## Health Assessment

Our 52-question, online health assessment provides you with immediate feedback on the current state of your health. It takes approximately 15 minutes to complete. Your responses are then evaluated and used to help customize your online experience. We recommend that you complete the health assessment before beginning any wellness program. Log on to **myuhc.com®** and click on the 'Health&Wellness' tab, then click 'Take the Health Assessment.'

**UnitedHealthcare®**  
Healing health care. Together.™

## Online Health Coach: Weight Loss Program

This program is tailored to your current nutritional habits and general health. You'll begin with a staged approach to learning about proper nutrition and how to plan healthy meals. This program features five levels. Plus, you'll receive personalized nutrition-related information, and access to additional interactive tools to keep you eating right.

### The program helps you to:

**Understand** the dangers of being overweight and the importance of healthy eating

**Identify** ways to lose weight

**Plan your meals**, stock your kitchen, manage your exercise and keep track of your progress

**Avoid temptations** and monitor your eating habits

**Track your progress**

### Program features include:

**Exercise Planner/Tracker** creates your own personal exercise routine from over 95 exercises, plus the type of strength training you need

**Meal Planner/Tracker** creates your own meal plan from a comprehensive list of choices, plus daily meal suggestions

**Weight Tracker** records your weight over time

**Record Your Walking** records and charts your walking routine

**Set A Target Weight** helps you determine your target weight

**Body Mass Index Calculator**

**Calories Burned Calculator** provides calories burned by individual exercise

**Calorie Burner** tracks number of calories burned each day

**Food Pyramid**

**Fast Food Choices** provides menu information from seven, popular fast-food restaurants

**Resting Heart Rate Calculator**

**Target Heart Rate Calculator**

**Portion Sizer** shows how portion size has changed over the past 40 years

**Food Journal** helps you record and track your food "triggers" or temptations

**Trivia: Facts & Figures – Nutrition**

**Trivia: Facts & Figures – Fast Food**

**Trivia: Snacks**

**Motivational support** to help you achieve your goals

**Progress updates** to keep you going

**Online tools and messages** to reinforce your healthy habits

To access this program, log on to **myuhc.com**, click on 'Health&Wellness,' then 'Your Personal Health Center' on the right side of the screen.

We recommend that you complete the online health assessment before beginning this program. Log on to **myuhc.com** and click on the 'Health&Wellness,' then 'Take Health Assessment' to get started.

### Resources on myuhc.com

A variety of resources are available on **myuhc.com** to help you become more active. To access these resources, simply click on the 'Health&Wellness' tab located on the **myuhc.com** home page.

### Health and Wellness Library

Get the latest information on a variety of health and wellness topics, including:

- Personalized content** based on your condition, life stage or lifestyle
- Clinical information** on a wide range of diseases, conditions, tests, procedures, treatments, therapies and drugs
- Exclusive articles** to help you make sense of the latest health news and trends
- Daily articles** on the consumer health news

Log on to **myuhc.com** and click on the 'Health&Wellness' tab, then click on 'Conditions AtoZ.'

### Health and Wellness Discounts

Find discounts on fitness-related programs, services and products, including:

- Weight management**
- Fitness clubs**
- Fitness equipment and apparel**
- Nutrition and food**
- Books and media**
- And, much more**

Log on to **myuhc.com** and click on the 'Health&Wellness' tab. A discount link is located on the bottom, left side of the screen.

Not registered on **myuhc.com**? Registration is easy. Just visit **www.myuhc.com**, click on 'Register Now' and follow the simple steps.

Your personal information will be used only by UnitedHealthcare and its wellness program affiliates to provide individualized health information to you to improve your health practices.

Insurance coverage provided by or through: United HealthCare Insurance Company, United HealthCare Insurance Company of New York, or their affiliates.

UnitedHealth Wellness is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product, but is offered to existing enrollees of certain products underwritten or provided by United HealthCare Insurance Company or its affiliates to encourage their participation in wellness programs.

Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Therefore, some services may not be included in some programs due to state regulations.

Some UnitedHealth Wellness programs and services may not be included in all medical plans for all customers and individuals. Programs and services are subject to change at any time.

Insurance coverage is provided by or through: United HealthCare Insurance Company.

**Healthy Mind, Healthy Body**  
Your personalized health e-newsletter

**Healthy Mind, Healthy Body** is an electronic newsletter that allows you to choose the type of wellness articles that are most relevant to your life. It features the latest information from physicians who have appeared on TV programs and in magazines. You also will see showcased stories from members like you who have improved their health through lifestyle changes and with care provided by network physicians.

**Choose** your personalized e-newsletter today.

- 1. Go to [www.uhc.com/myhealthnews.com](http://www.uhc.com/myhealthnews.com)**
- 2. Enter** your group ID number found on your medical ID card
- 3. Choose** how you want to receive the e-newsletter (e-mail, print twice a year or both)
- 4. Provide** contact information
- 5. Choose** five content categories
- 6. Receive** Healthy Mind, Healthy Body by e-mail every month

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